

# Olympic Flat Bench

DBR0408



The Discovery Strength Olympic Flat Bench is designed to provide a strong, stable lifting platform that optimally positions the lifter for maximum results.

Engineered for biomechanical precision and built to withstand high-volume use, Discovery Benches and Racks provide a robust solution for strength training environments. Each piece combines intelligent design with functional durability to empower exercisers of all levels to train with confidence.



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## Product features

### BENCH HEIGHT

The low bench profile provides exercisers with a stable position that helps minimise lower back arch. The bench-to-upright geometry accommodates unencumbered lifts while minimising external shoulder rotation when picking up the bar.

### WEAR GUARDS

High-impact, polyurethane wear guards help protect the bench and Olympic bar from metal-on-metal contact and are segmented for easy replacement.

### BUILT-IN STORAGE

The eight conveniently positioned weight storage horns accommodate Olympic and Bumper-style plates without overlap, providing quick and easy access.



## Specifications

**Dimensions (L x W x H):** 183 x 165 x 130 cm

**Product weight:** 85 kg

**Max. user weight:** 159 kg

**Max. lift load capacity:** 227 kg

**Weight storage horns:** 8

**Max. storage weight:** 798 kg

**Recommended plates:** 2 x 5 kg, 2 x 10 kg, 2 x 15 kg, 4 x 20 kg

**Frame and finish:** Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments. Powder-coated frame.

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Colour options\*

### Frame



Black Pearl



Gloss Metallic Silver



Gloss White\*\*



Flame Red\*\*

### Upholstery

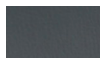


Black

### Additional upholstery options\*\*



Lite Grey



Graphite



Slate



American Beauty



Toffee Apple



All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

\*Custom frame colours are available, subject to minimum order quantities and extended lead times.

\*\* Additional lead time applies.

• Additional upholstery options may have longer lead times. Please contact a sales representative.  
• Colours may vary.

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